



Change yourself. Change your world. Volunteer.

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Volunteer Newsletter

July 2008

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

- Anne Frank

What's New

VSD is Hiring

We are currently looking for outstanding candidates to fill the positions of Fire Recovery Coordinator, a Fire recovery Assistant, and four AmeriCorps positions. Check out our [employment page](#) for more details. Apply now!

Bloggers Wanted

We are still looking for volunteer bloggers to keep [our blog](#) up to date. If you are interested, please contact [Sarah Adams](#).

Hands On San Diego Art Contest Winners

[Check out the winners](#) of our annual Art Contest! The overall winner will be printed on thousands of T-shirts worn by volunteers all over the county during Hands On San Diego this September.

Hands On San Diego projects go online the 15th

This September you can participate in one of 120 projects during our annual service event. Projects will be posted on our website on the 15th, and you will be able to start signing up right away!

Hot Projects

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[VSD Blog](#)

Habitat Restoration at Border Field State Park

The Tijuana River Estuarine Research Reserve is looking to expand the quality habitat for a wide variety of Southern California wildlife including Roadrunners, Jackrabbits, and Legless Lizards (to name just a few). Help them restore their natural habitat by propagating native vegetation, weeding, and salvaging plants. All volunteers are welcome! The next project occurrence is on July 12 from 9am-12pm. To find more information on how you can help, please [click here](#).

Beautified Nature Walks for Teens!

Come join the San Diego Natural History Museum as they explain the interconnected lives of the local flora and fauna and pick up trash at the same time! You will be restoring the natural beauty by removing litter from the ground. This project is unique because you will also be learning more about your local plants and animals in a guided walk. Help save the environment! The next event occurs on July 26 from 9:30am-12pm. For more information, please [click here](#).

Polinsky Teen Basketball

The indoor court has just been refloored and the kids are ready to play some ball! Every first and third Thursdays, Polinsky Teen Basketball provides a positive outlet for teenagers who have been taken away from their homes for their safety and protection. The next project occurrences are on July 3 and July 17 from 6:30pm-8pm. For more information about this project and to sign up, [click here](#).

Casino Nights with Seniors

Come enjoy an evening of lively card games and Bingo with some of the animated residents at Windsor Gardens and Country Hills. The next project occurrence for [Casino Night at Windsor Gardens](#) is on July 1 from 7 to 8:30pm and [Casino Night at Country Hills](#) is on July 15 from 7:15 to 9pm. Click on the links above for more information!

Find projects in your area: [East County](#), [Central San Diego](#), [North County Coastal](#), [North County Inland](#), [South County](#).

Find projects on the impact areas of your interests: [Animal Support](#), [Children & Youth](#), [Environment](#), [Health & Wellness](#), [Homelessness & Hunger](#), [Seniors](#).

Flex Members

New Flex Projects

Second Harvest Food Bank for Youth

Young volunteers can make a difference too! Help combat

hunger with Second Harvest Food Bank by sorting through donations and organizing them into categories for their agencies. Their first events are on July 8 and July 22 from 6:30pm-8:30pm. For more information about this project, please [click here!](#)

Got an idea for a Flex Project? Contact [Lei Ai Yap Imperial](#) at 858-636-4139 for more details.

Be a Leader

Flex Team and Orientation Leaders Needed!

Homework Helpers this Fall ATeam Leader is needed to help lead the Tierrasanta Homework Helper project beginning in September. Please contact [Lei Ai Yap Imperial](#) for more information.

Dress for Success

Team leader needed for our Super Sorter project at Dress for Success. Join us the last Saturday of every month between 10 a.m. to 2 p.m. Help San Diegans get back into the work force! Simply sorting, sizing and identifying appropriate attire helps make the difference for low-income San Diegans actively seeking employment.

Interested in Becoming a Team Leader?

Interested in Being a Flex Team Leader? The next orientation session is scheduled for July 14th at 5:30PM here at Volunteer San Diego. [Click here](#) to sign up. If you are unable to attend but would still like to be a Team Leader, contact [Debbie Krakauer](#) at (858) 636-4184.

Board and Committee Members Wanted

Are you looking for a position on a Board of Directors? Check out a list of opportunities with a variety of organizations looking for your expertise [here](#).

Youth

Make it a Summer of Service!

Looking for some fun activities to pass the time this summer? Check out our Project Calendar for a schedule of events going on in the San Diego community. Summer is a great time to give back to the community while completing your community service hours. Visit www.volunteersandiego.org to learn more.



Superhero of the Month

Corporal Robert "Bob" Pratt has been volunteering his time with the [San Diego Adaptive Sports Foundation](#) (SDASF) for the past four months as an adaptive sports mentor to children, ages 4-18 years old, with various physical disabilities such as amputations, spinal cord injuries, spina bifida, cerebral palsy, muscular dystrophy and other orthopedic and neurological disorders.

Bob joined the Marine Corps in March of 2003. He was injured in July of 2006 near the outskirts of Al Quaim, Iraq by a pressure plate IED. He has been a participant since then in our Injured Service members Program (ISP). After participating in our ISP programs, Bob decided he wanted to give back to the community and joined our program as a volunteer. Bob helps coach two teams including the Futures team and the Hammer Junior Varsity team. To date Bob has helped coach wheelchair soccer, wheelchair basketball, and wheelchair quad rugby.

Bob is an excellent mentor to these athletes because he is very positive and motivating. He respects children and sees them as individuals first and foremost, not their disabilities. He works them hard and in return they respect him and appreciate his matter of fact attitude.

His awards are numerous and include the Purple Heart, Good Conduct Medal, and the National Defense Medal. In his spare time (there isn't much), he likes to play video games, listen to music, watch movies, go hiking, read books (avid reader of the LA Times), and computers. His future goals include transferring to a four year university and obtaining a degree in forestry.

If you would like to nominate a volunteer, please [let us know!](#)

Flex Accomplishments

Flex keeps growing and improving the community!

In the month of May, 169 new volunteers joined Flex and attended orientations. Welcome to you all!

Thanks to Flex volunteers like you, here's what we achieved in April:

1,690 hours of service completed by **801** volunteers attending **101** projects.

Not yet a Flex Member?

Please join us at one of our Flex Orientations! To sign up, visit our [Course Calendar](#).

Support Volunteer San Diego

Donate to Volunteer San Diego

Click [here](#) to donate funds.

Check out the latest Volunteer San Diego fashions.

Visit our shop [here](#).

Supporting VSD just got easier!

Now you can raise money for Volunteer San Diego just by searching the Internet at goodsearch.com.

Have an Albertsons Preferred Savings Card?

Sign up your Albertson's card to benefit Volunteer San Diego. Support VSD youth programs with your Albertsons Preferred Savings Card! Register [here](#) & enter our ID# 49001011683.

For more information contact:

Volunteer San Diego

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